~April is Stress Awareness Month~
Finals are just around the corner so now is a good time to learn about some healthy ways to manage the stress in your life. We all experience stress in different ways and it effects more than just our minds. Long term stress can cause more than just mental issues. From headaches to stomach disorders to depression—even very serious issues like stroke and heart disease can come from stress if we don’t learn how to cope with it in a positive way.

Tips for Coping with Stress

♦ Take Care of Yourself—eat healthy, exercise regularly, meditate, get plenty of sleep, give yourself a break if you feel stressed
♦ Discuss your problems with a parent, friend, or someone you trust
♦ Avoid drugs and alcohol
♦ Recognize when you need to seek more help like a therapist or counselor

Foods to Eat to Help Alleviate Stress

♦ Sweet potatoes—help reduce cortisol (stress hormone)
♦ Shellfish—high in taurine which helps to improve mood
♦ Sesame seeds—contain tryptophan that is the foundation for mood boosting neurotransmitters, serotonin and dopamine
♦ Matcha—contains theanine which has stress reducing properties
♦ Kimchi (and other fermented foods)—is a probiotic and improves gut health and improves mood
♦ Chickpeas—contains tryptophan, copper, potassium, and Vit B that helps regulate stress
♦ Brazil nuts—contain selenium that helps to reduce stress

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Chickpeas With Baby Spinach

Serves 3; 30 Minutes

Ingredients

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp cumin seeds, lightly toasted and ground
- 1 Tbsp tomato paste
- 1 (15 oz) can chickpeas, drained and rinsed
- 1 cup chicken or vegetable stock
- 1 (6 oz ) bag baby spinach
- Pinch cayenne

Nutrition Information:
Calories: 306
Fat 10 g, Saturated Fat 5 grams
Carbohydrates 43 grams, Fiber 12 grams
15 gram protein

Instructions

Heat olive oil in large saucepan over medium heat and add onion. Cook, stirring about 5 minutes. Add garlic, cumin, tomato paste and 1/2 tsp salt. Cook, stirring for 2 minutes until fragrant. Add chickpeas, stock, and cayenne, and bring to simmer. Cover, reduce heat and simmer for 5 minutes.

Add spinach to the mixture one handful at a time, until it wilts. Add salt to taste and simmer uncovered for 5 minutes. Add fresh pepper, salt, and cayenne to taste.

Enjoy!